

# EXERCISE/FITNESS

## TEEN/ADULT FITNESS CLASSES

### PILATE STYLE EXERCISE

A series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles. An integration of classical ballet, yoga, and the firming techniques created by Joseph Pilates. If you miss a class or a class date falls on a holiday, you may make it up in another class. Call 441-5833 for available make up classes. Please note that spring exercise classes run for 10 weeks and summer classes for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
338401-01	Lakewood	M	10:00am-11:00am	3/24-6/2	\$25	\$35
438401-01	Lakewood	M	10:00am-11:00am	6/16-9/8	\$31	\$41

### LOW IMPACT EXERCISE AND STRETCH

Feel good again! Increase your energy level, improve your health and tone muscles in an aerobic workout, without jarring joints. Class includes warm-ups, aerobic exercises and a cool-down.

Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday, you may make it up in another class. Call 441-5833 for available make up classes. Please note that spring exercise classes run for 10 weeks and summer classes for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
338402-01	Lakewood	M	6:30pm-7:30pm	3/24-6/2	\$25	\$35
338402-02	Lakewood	Tu	10:30am-11:30am	3/25-5/27	\$25	\$35
338402-03	Lakewood	W	9:30am-10:30am	3/26-5/28	\$25	\$35
338402-04	Lakewood	Th	9:30am-10:30am	3/27-5/29	\$25	\$35
338402-05	Lakewood	Th	6:30pm-7:30pm	3/27-5/29	\$25	\$35
338402-06	Lakewood	F	9:30am-10:30am	3/28-5/30	\$25	\$35
438402-01	Lakewood	M	6:30pm-7:30pm	6/16-9/8	\$31	\$41
438402-02	Lakewood	Tu	10:30am-11:30am	6/17-9/9	\$31	\$41
438402-03	Lakewood	W	9:30am-10:30am	6/18-9/10	\$31	\$41
438402 04	Lakewood	Th	9:30am-10:30am	6/19-9/11	\$31	\$41
438402 05	Lakewood	Th	6:30pm-7:30pm	6/19-9/12	\$31	\$41
438402 06	Lakewood	F	9:30am-10:30am	6/20-9/13	\$31	\$41

### STEP AEROBICS

Cross train with step aerobics and step your way to better health. Class offers techniques on bench stepping and hand weight workouts, and includes warm-up, bench exercises, muscle toning and cool-down. Benches are provided. If you have never taken exercises classes, we suggest you start with the Low Impact Exercise and Stretch before taking Step Aerobics. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday, you may make it up in another class. Call 441-5833 for available make up classes. Please note that spring exercise classes run for 10 weeks and summer classes for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
338403-01	Lakewood	M	5:30pm-6:30pm	3/24-6/2	\$25	\$35
338403-02	Lakewood	Sa	8:30am-9:30am	3/29-5/31	\$25	\$35
438403-01	Lakewood	M	5:30pm-6:30pm	6/16-9/8	\$31	\$41
438403-02	Lakewood	Sa	8:30am-9:30am	6/21-9/13	\$31	\$41

### WEIGHT RESISTANCE TRAINING

Would you like to improve muscle tone and definition without increasing bulk? This is a moderately paced class geared toward these goals. Equipment will be provided. Limited to 12 per class. Bring your own mat or towel for floor work. If you miss a class or a class date falls on a holiday, you may make it up in another class. Call 441-5833 for available make up classes. Please note that spring exercise classes run for 10 weeks and summer classes for 13 weeks. Ages 14-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
338404-02	Lakewood	Th	7:30pm-8:30pm	3/27-5/29	\$25	\$35
338501-22	Lakewood	Tu	12:00pm-12:30pm	3/25-5/27	\$110	\$120
438404-02	Lakewood	Th	7:30pm-8:30pm	6/19-9/11	\$31	\$41